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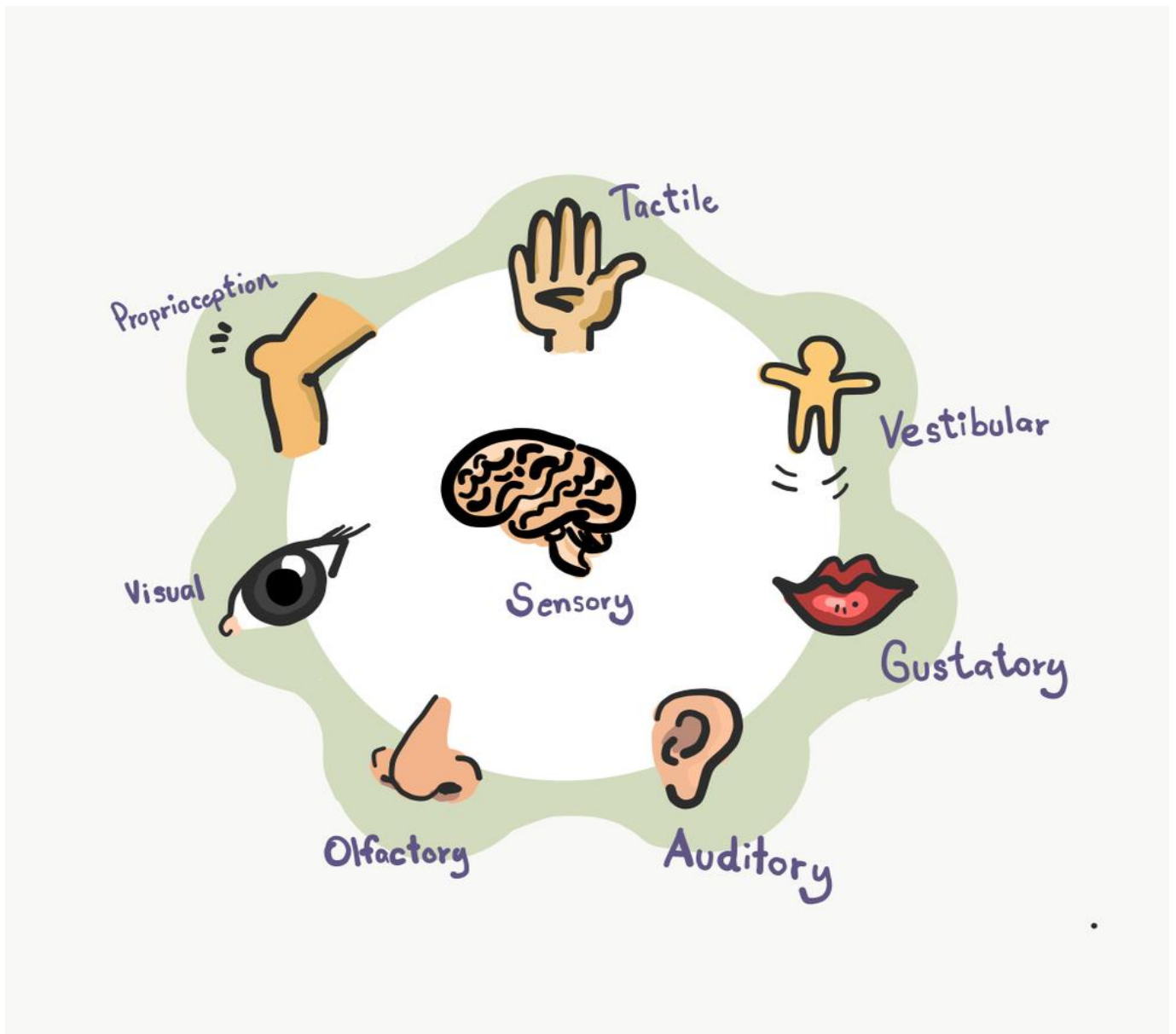
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Hello mom/dad/teacher;

For the next 2 months I am sharing this sensory integration program with you. I purchased it as part of a therapeutic program more than 10 years ago – TheroPro Program. I cannot reach the owners/therapist of this program anymore as I assume they have retired and is not selling this anymore (I have googled it/searched via Facebook).

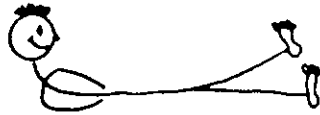
I think this is a valuable program to use at home/at school as Sensory Integration is the basis of all learning.



SENSORY-MOTOR INTEGRATION PROGRAMME
WEEK 1

ACTIVITIES:

1. The child lies on his/her back. He/she lifts up his/her head and watches his/her toes. To make it interesting, put stickers on his/her toe nails.



= 5-25 counts

2. The child lies on his/her stomach. He/she lifts up his/her head, chest and arms (no support on the elbows). To make it interesting for the child, roll a ball towards the child, he/she has to hit it back to the parent.



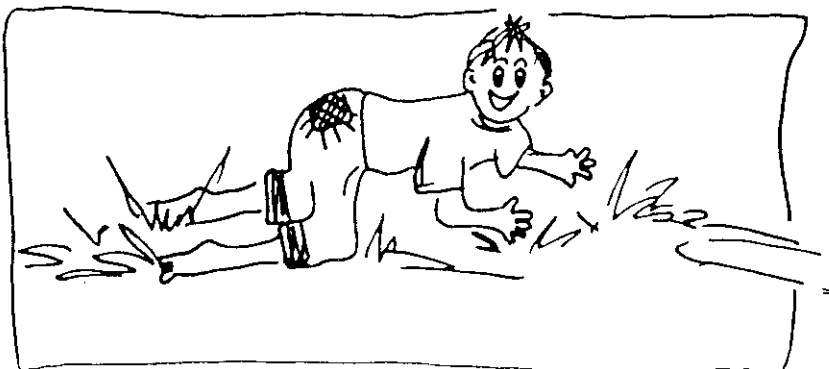
= keep for 5 - 25 counts

3. Use an old stocking, hoola-hoop, elastic or bicycle inner tube. Child puts his/her chin on his/her left shoulder, bends his/her left arm and stretches his/her right arm to the side. Repeat to the other side.

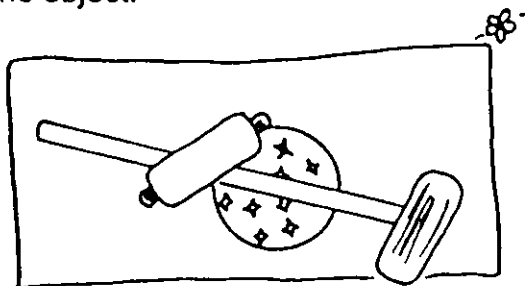


= 5 - 25 counts

4. Crawl over different textures items e.g. blanket, carpets, grass etc.



5. Steamroller - Use different objects to roll over the child. Make use of deep pressure - no light touch. Objects such as a paint roller, ball and pastry roller pin. Try rolling these items over the child's front and back. Increase the pressure placed on the object.



6. Child lies on his stomach on a bend or couch and plays on floor with blocks, puzzles or any interesting toys. He's buttocks must be higher than his head.



For not longer than 10 min.

7. Wheelbarrow walking: 6 Metres, repeats 3 times.

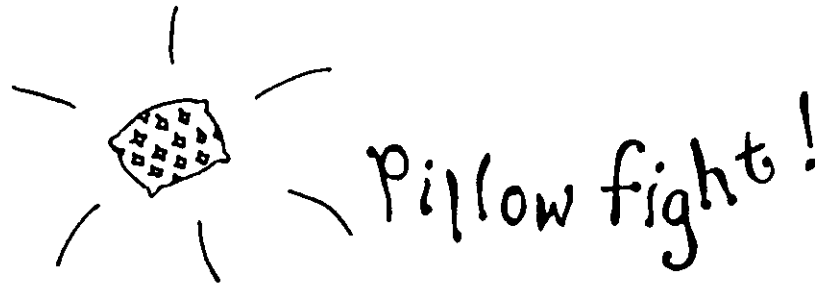


8. Elephant walk: Bend forward from waist, allowing arms to hang limply with hands clasped. Walk forward by taking big steps.



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4. Pillow fight. Try to focus on fun, not competition.

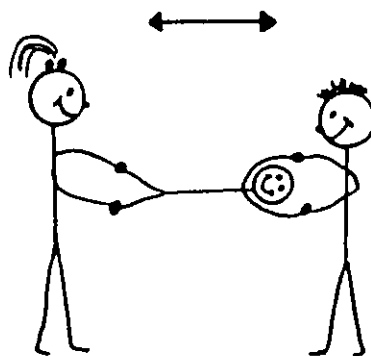


5. Using a large sheet or blanket, parent and child each hold two corners. Lift the sheet high up above heads and move closer to each other until you are both completely covered in the house. Make the house smaller and smaller until you are sitting close together.



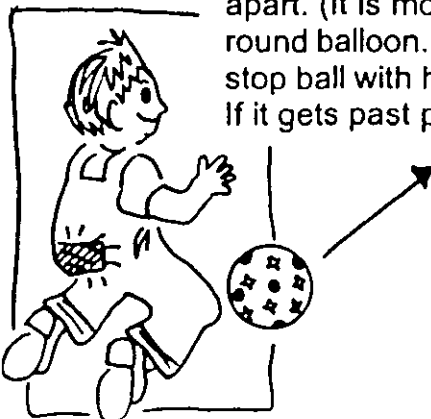
6. Swinging. Take the child to the park to swing.

7. Parents take the child at his/her wrists and ankles. Swing the child forward and backwards.



2 minutes at a time

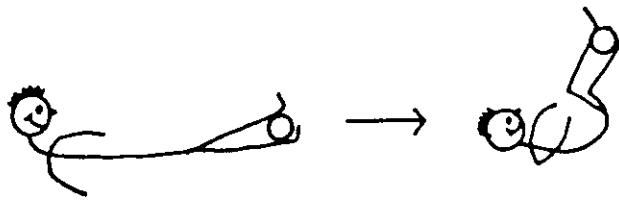
8. Knee soccer. Parent and child kneel facing each other about 2 - 3 metres apart. (It is more comfortable to play on a carpet.) Use a plastic soccer ball or round balloon. Parent kicks the ball to the child with his or her knees. Child must stop ball with his/her leg or hands. If it goes past child, then parent gets a goal. If it gets past parent, child gets a goal. See who can get 10 goals first.



SENSORY-MOTOR INTEGRATION PROGRAMME WEEK 3

ACTIVITIES:

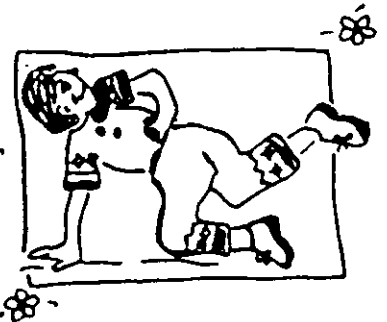
1. Child lies on his/her back on the floor. Place a plastic ball between the child's feet, hands at sides flat on the floor. He/she has to raise the ball using his/her feet only. When it is high enough, he/she releases the ball and then catches it with both hands. The child tosses the ball back to you and repeats. Bend the head slightly forward to watch the feet grab the ball. Start with 5 and increase to a maximum of 30.



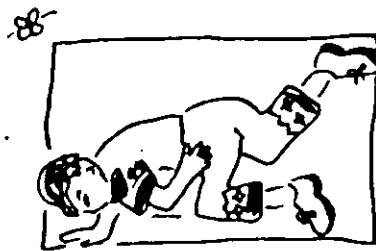
Start with 5, increase maximum = 30

2. An important exercise.

- 2.1
 - Take in the four-foot kneeling position.
 - Hold a handkerchief between the chin and the left shoulder.
 - Left hand on left hip.
 - Lift right knee 10 cm. from the ground.
 - Hold position for 20 counts.
 - Repeat to the right.



- 2.2
 - The same as 2.1
 - Lift right knee up to hip height.
 - Drop left shoulder to the ground.
 - Keep handkerchief in position.
 - Repeat to the right.



3. Let's play aeroplane. Child lies on his/her tummy on the floor. Lifts head, shoulders and arms of the floor. Also lifts the legs, knees and feet (Keeping the knees straight). See how long you can hold the position.

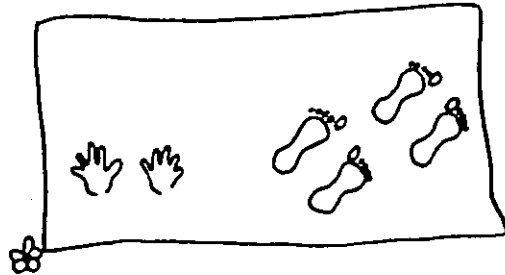


* Average 6 years = 25 - 30 sec
* Average 4-5 years = 10 - 15 sec
* Not for 3 - 4 years old

4. Let the child crumble tissue and newspaper (or paper with different textures) up into balls with both hands. Throw at a target or into a container with both hands.



5. Sprinkle powder on a carpet offcut or mat. With shoes and socks off, child rubs feet and hands back and forth so they are powdered. Child then moves over to a dark surface or paper to make hand and foot prints.

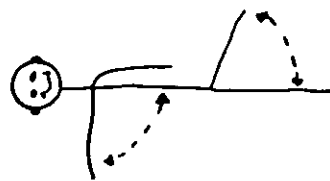
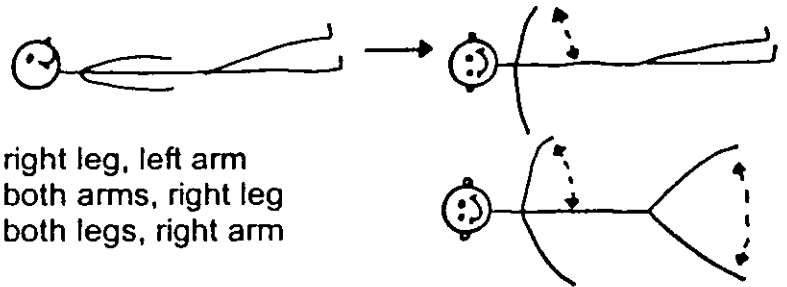


6. Angels in the snow: Child lies on floor on his/her back, arms at his/her sides and legs together. Move arms out along the carpet to shoulder height and back. Repeat in a rhythmic pattern for 10 counts. Now move the legs out and together 10 times. Move arms and legs together out to the side and back again, 10 times.

Parent points to:

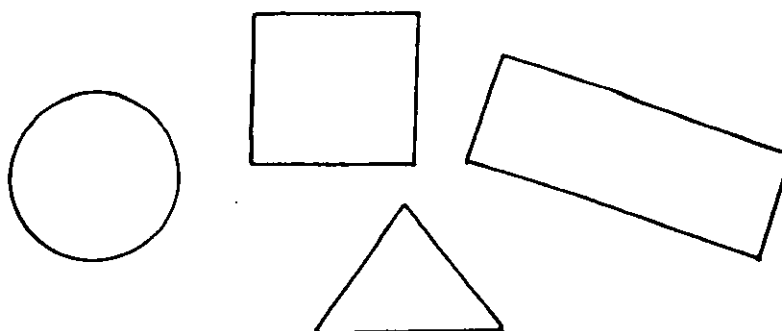
left leg, left arm
right leg, right leg
left leg, right arm

right leg, left arm
both arms, right leg
both legs, right arm



Repeat each action 10 times.

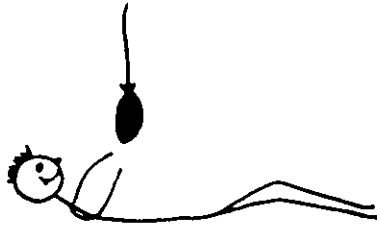
7. Knee-walking: Make large square, rectangle or triangle with masking tape. Child kneels on tape and keeping his/her face to the front, he/she move forwards, sideways, backwards, etc. around the shape.



SENSORY-MOTOR INTEGRATION PROGRAMME
WEEK 4

ACTIVITIES:

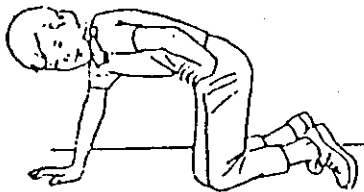
1. Child lies on his/her back on the floor, knees slightly bend and feet on the floor. Tie a rope to an inflated balloon and hold it over the child's tummy, high enough for his/her shoulders to come slightly of the floor.



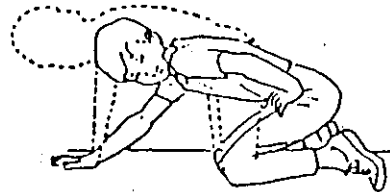
Do for 2 - 3 min.

2. Take in the following position and keep static for 20 counts. Repeat to the left and the right side.

A



B



3. Child lies on his/her tummy and holds his/her feet by his/her ankles. He/she pulls himself/herself backwards by trying to straighten his/her knees. Hold position.



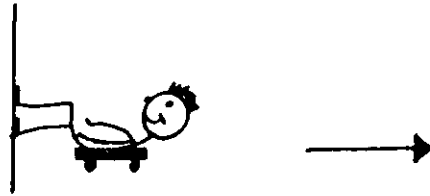
= 30 sec.

4. Sprinkle baby powder or any other powder over the child's body. Rub it off with different textures of cloth and brushes. Prepare the bath with bubble bath or oil. During bath time rub your child with soap and sponge. Remember to use deep pressure, no light touch. After drying with a towel, put cream all over his body.
5. Pass and Rub: (This is a family activity- like musical parcels. Children pass around different textured cloths. When music stops they rub themselves with the one they land up with.

6. Take your child to the nearest play park and let your child slide.

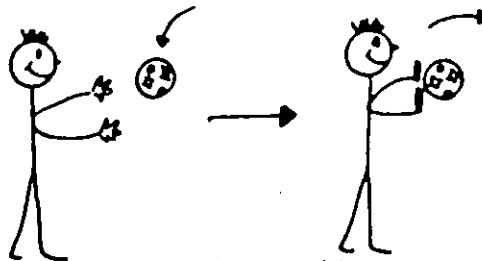


7. Lying on tummy or back on a skateboard, child kicks off from wall. Flies as far as possible. Paddle backwards to starting position. Repeat.



Do 10 times

8. Parent throws a plastic soccer ball. The child hits the ball away with both hands at the same time.



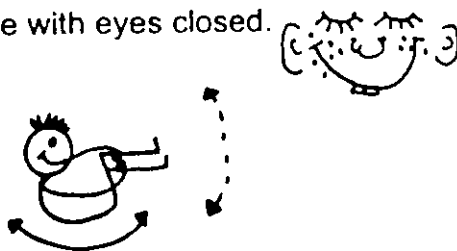
9. Quick changes in posture from standing position:
- Stand to kneel
 - Stand to sitting with crossed legs
 - Stand to sit with one leg straight and the other bent
 - Stand to squat
 - Stand to lying on left side
 - Stand to lying on back

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SENSORY-MOTOR INTEGRATION PROGRAMME
WEEK 5

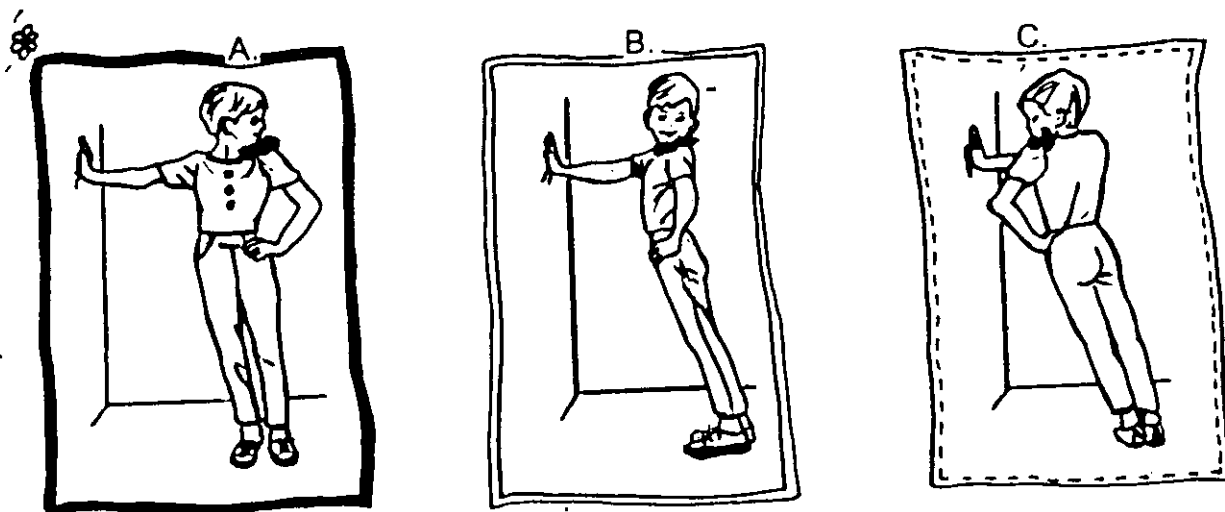
ACTIVITIES:

1. On back pull head forward and knees to chest, hands clasped under knees holding legs close to body.
 - 1.1 Tuck and hold for 5 seconds. Relax. Gradually increase count to 10 seconds.
 - 1.2 Roll back and forth on back from head to seat.
 - 1.3 Rock from side to side on back.
 - 1.4 Repeat the above with eyes closed.



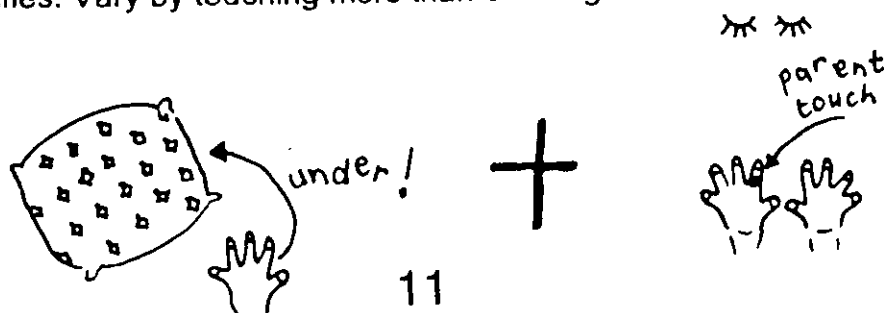
Repeat 5 - 10 times

2. Take in the following postures. Do it to the left and the right and keep it for 20 counts.
Do exercises A, B and C.

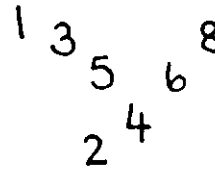
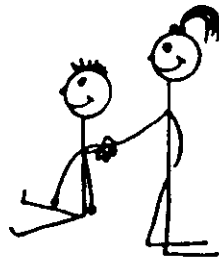


Repeat each 5 times

3. Child places his/her hand under a pillow. Parent has to pull onto a finger, which the child must then identify. Once this has been mastered, the child closes his/her eyes with hands spread out on table. Touch a finger lightly, child identifies. Vary by touching more than one finger at a time.



4. Child sits or lies on stomach on the floor. First "rub out" the child's back with your hand, then draw a simple picture, shape, number or letter on the child's back with your finger. Child draws it on the carpet.

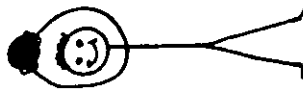


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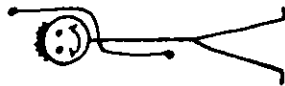
* Pre-school child only do shapes:

5. Do the following roll activities with the child:

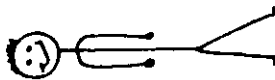
- Hold a ball in both hands above the head. Roll from left to right.



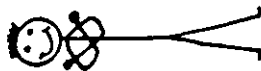
- Put one hand above the head, the other by his/her side. Roll from right to left. Then switch hands.



- Put both hands at his/her sides and roll from right to left.



- Put hands crossed over the chest and roll from left to right.



- Lie on the side of a blanket and roll himself/herself in it.

